



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

WEDNESDAYS AND FRIDAYS, 10:00AM-2:00PM

MAUREEN CASEY, DIRECTOR



JANUARY 2019

WEDNESDAY, JANUARY 2

- 10:00 CATCH UP WITH FRIENDS FROM THE HOLIDAYS
- 11:00 BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 12/21 AT 10:00)
- 12:30 CARDS & BOOKMARKING CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY



FRIDAY, JANUARY 4

- 10:00 YOGA FOR IMPROVING BALANCE WITH PEGGY
- 11:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN & HEALTH TALK
- 12:00 PIZZA LUNCH (ORDER BY 11:00)
- 12:30 CARDS



WEDNESDAY, JANUARY 9

- 10:00 CARDS & GAMES
- 11:00 STRENGTH EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/8 AT 11:00)
- 12:30 GAMES

FRIDAY, JANUARY 11

- 10:00 STRENGTHENING YOGA WITH PEGGY
- 11:00 CARDS & COLORING TO CLASSICAL MUSIC
- 11:30 PIZZA LUNCH (ORDER BY 11:00)
- 12:00 BINGO FOR BUCKS



WEDNESDAY, JANUARY 16

- 10:00 COLORING TO CLASSICAL MUSIC
- 11:00 TONING EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/15)
- 12:30 JANUARY BIRTHDAY SOCIAL



FRIDAY, JANUARY 18

- 10:00 GENTLE YOGA WITH PEGGY
- 11:30 PIZZA LUNCH (ORDER BY 11:00)
- 12:00 PROHIBITION PROGRAM WITH HISTORIAN, DAVID OSBORNE, ST PAUL'S CHURCH



WEDNESDAY, JANUARY 23

- 10:00 GAMES
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/22)
- 12:30 MEDICARE UPDATE WITH SHARON MOSCOWITZ

FRIDAY, JANUARY 25

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 CARDS
- 12:00 POT LUCK LUNCHEON (BRING A DISH)
- 12:30 BOOKMARKS WITH MAUREEN



WEDNESDAY, JANUARY 30

- 10:00 CARDS & GAMES
- 11:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/29)
- 1:00 LIBRARY NEWS WITH TRACY WRIGHT (DIR. EASTCHESTER PUBLIC LIBRARY)



THE GARTH ROAD CENTER IS A PROGRAM OF
 EASTCHESTER SENIOR PROGRAMS AND SERVICES
 OPEN TO SENIORS (60+) WHO ARE RESIDENTS OF TOWN OF EASTCHESTER
 (INCLUDING VILLAGES OF TUCKAHOE & BRONXVILLE)

